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November 2026 • Volume 24 Issue 11

Direct-Mailed Each Month to the Residents of Harrison, Norway, Oxford, Paris, S. Paris, W. Paris, Waterford, N. Waterford, and E. Stoneham

Turner Publishing, Inc., PO Box 214, Turner, ME 04282 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • advertising@turnerpublishing.net • turnerpublishing.net/news

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

A Picture-Perfect Sunset Over Norway Lake



Photo taken in May 2026 by Jerry Ellingwood



FOR READING THE OXFORD HILLS OBSERVER

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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

Funny Things Kids Say
Turner Publishing, Inc.
P.O. Box 214, Turner, Maine 04282
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

A story you know, told in a way you've never imagined.

A Christmas Carol
adapted by Christopher Schario

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Dec 12 @ 2 & 7 pm
Dec 13 @ 2 pm

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HELPFUL HOTLINE NUMBERS

Maine Crisis Line **1-888-568-1112**
NAMI Maine **1-800-465-5767**
Frontline Helpline **1-866-676-7500**
National Distress Hotline **1-800-985-5990**
Maine 211 (Maine Support Services) **Dial 211**
Maine Sexual Assault Helpline at **1-800-871-7741**

A show from the archives:

Bird Carvings and Local Scenes

NORWAY - Visitors to Norway Memorial Library may view an art exhibit, A Show from the Archives: Bird Carvings and Local Scenes from the Western Maine Art Group. Jeanne Millett Herley, a local artist and group member, organized the art show and prepared background information for artists.

The artists displayed are some of the most notable in the area. They include paintings, photographs, and bird carvings *from Harry Ross, Lee Bean, Harry Walker, Minnie Libby, Alice Wickson, Zilpha Anne Plummer, Eleanor Viles, Lajos Matolcsy, Vivian Milner Akers, J.G. (J.C.) Bicknell, Ron Hamilton, Don Gouin, Ruth Carlson-Friberg, and Duncan E. Slade.*

The exhibit may be seen whenever the library is open through December 2026. Norway Memorial Library is located at 258 Main Street in Norway, Maine. For more information visit www.norwaymemoriallibrary.org or call 207-743-5309.



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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

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.

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.

SOUTH PARIS: South Paris Farmers' Market, Thursdays 2-6. p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David's.

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.

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.

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.

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

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

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*.

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*.

SOUTH PARIS: Oxford Hills Honeybee Club 1 p.m. second Saturday of the month. Oxford County Extension office, 9 Olson Rd., All Welcome. *cpeaston@megalink.net*

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

CANCELLATIONS
None listed.

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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Call 225-2076 or email *advertising@turnerpublishing.net* for pricing on our calendar page.

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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.



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!



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kids' corner

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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...

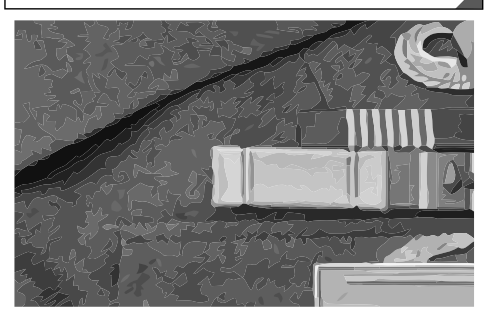
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

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.

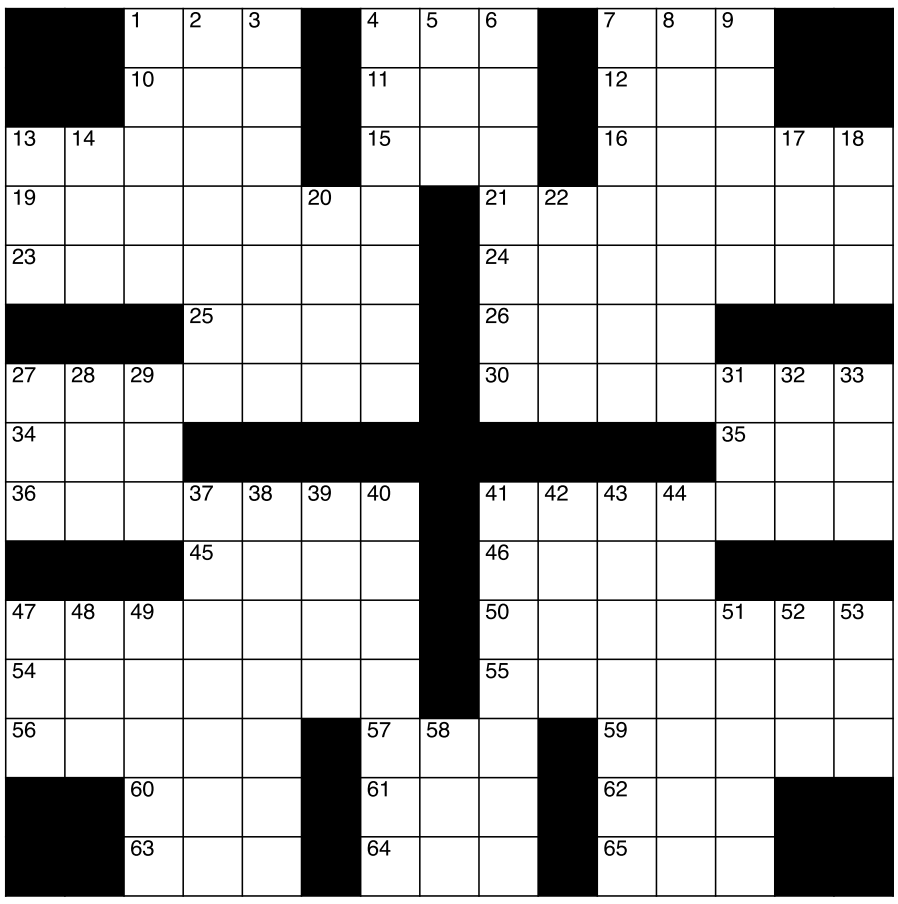
Get the PICTURE?



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

Western Foothills Land Trust conserves 85 acres on Moose Pond in Otisfield







Submitted photos

OTISFIELD — Western Foothills Land Trust (WFLT) announced it has acquired an 85-acre property on the eastern shore of Moose Pond in Otisfield, permanently protecting more than 3,500 feet—more than half a mile—of undeveloped shoreline, and expanding opportunities for public recreation and conservation.

The property includes mixed forest, extensive wetlands, and expansive shoreline on a beaver pond that provides habitat for fish, waterfowl, amphibians, and other wildlife. Located immediately adjacent to the Town of Otisfield's Two Ponds Nature Area, the property creates a connected 180-acre conservation and recreation area.

"This is a once-in-a-generation conservation opportunity for Otisfield," said Korey Morgan, Executive Director of Western Foothills Land Trust. "Few places combine this much undeveloped shoreline, wildlife habitat, and recreational potential in a single property. Conserving this land ensures that future generations will be able to experience Moose Pond much as it exists today."

"The conservation on Moose Pond is an incredible win for the people of our town," said Peter Tilkimeier, Chair of the Otisfield Conservation Committee. "This project represents an investment in our community's future and protects forests and shorelines while creating new opportunities for recreation, outdoor education, and conservation. The property is connected to the Two Ponds Nature Area and creates a 180-acre community asset. We look forward to continuing our partnership with Western Foothills Land Trust."

Conserving the property protects important ecological features, including more than 20 acres of wetlands that support sensitive wildlife habitat, while protecting the water quality of Moose Pond. Moose pond is a beaver pond that provides habitat for a range of wildlife while helping filter water, reduce downstream flooding, recharge groundwater, and support diverse natural communities.

WFLT is working with the Town of Otisfield and community partners to determine how the property can best serve the community while protecting its natural resources. Potential uses include low-impact hiking trails, shore-based fishing access, wildlife observation areas, interpretive signage, and outdoor education.

The acquisition builds on years of work by WFLT, the Town of Otisfield, local volunteers, conservation partners, and residents to protect the property.

"Our goal is to ensure that people can hike, fish, paddle, hunt, watch wildlife, and enjoy the outdoors while protecting the ecological resources of the property," Morgan said. "We look forward to continuing our partnership with the Town of Otisfield."

The acquisition was made possible through support from Land for Maine's Future, the Davis Conservation Foundation, the William P. Wharton Trust, the Maine Outdoor Heritage Fund, the Maine Community Foundation, the Ram Island Conservation Fund, and anonymous private supporters.

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!

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.

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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.

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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).



Metro photo

• 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 Cornelio
Live Long, Live Well
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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.

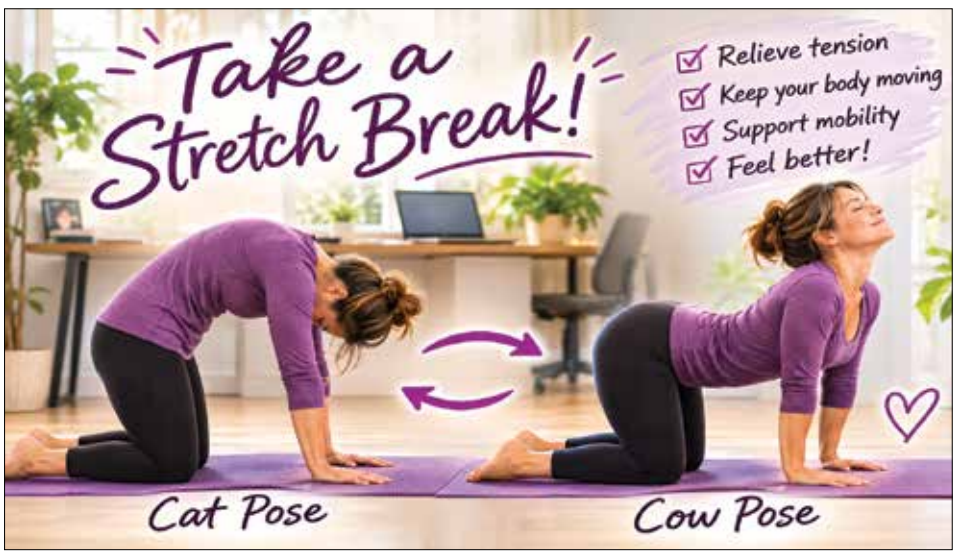
"What?" She said, sounding a little confused.

"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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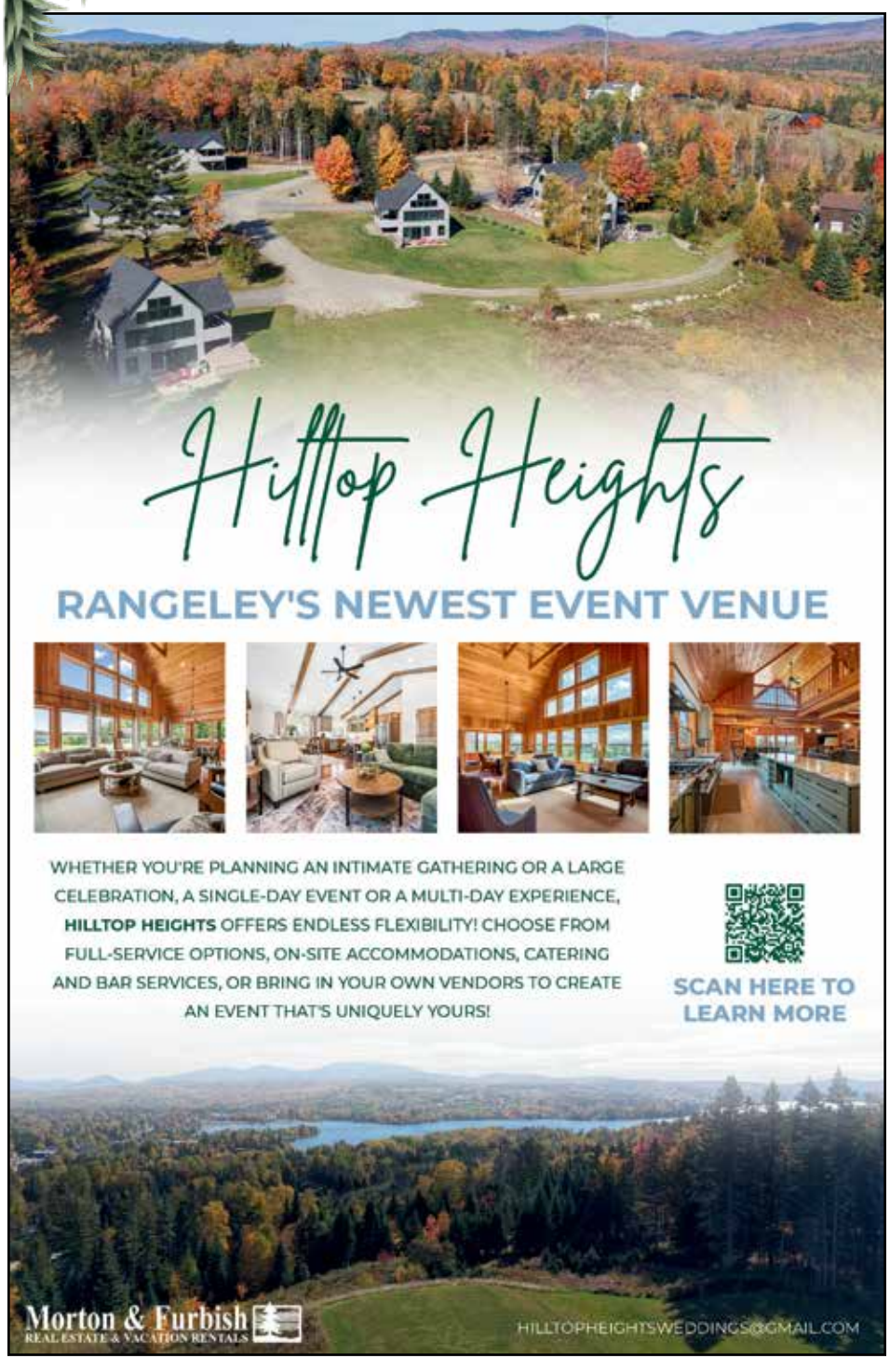
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Oxford Hills Football Facebook photos

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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)



MAINE OUTDOORS V. Paul Reynolds

MOOSE TALK

Of all my assorted big game hunts, the celebrated Maine moose hunt gets top billing for just plain fun, challenges and, at times, downright frustration. Over the years I have either hunted with a permit or have been part of a moose hunting party. Most of my hunts have been cow hunts, except for two bull hunts. My last hunt, this fall, was a bull hunt and I and my chain saw power winch were invited along as guests.

Moose signs were as plentiful as I have ever seen, but sightings were scarce. At the least three times we had bulls answering our cow in heat calls only to "hang up" just out of range or in thick cover. Frustrating! Common sense said that our calling strategy or techniques were just not up to snuff. What were we doing wrong?

I went to the experts to try and get an answer to that question.

In his 2006 book "Moose Hunting" moose guide Dave Kelso devotes a chapter to moose calling. Kelso's information has a credible component inasmuch as he has worked with Maryo Peppin and studied moose in captivity at the Buck Expert Research Center. Here are some highlights: 1) Effective calling involves many variables and you need to adjust your vocalizations to the situation. 2) Although cows are in heat for just 24 hours, it is wrong to assume that bull moose can't be called long after the rut. Just not so says Kelso. 3) The key to a good cow-in-heat call is a call that quivers in tone and softly fades out. 4) Never call before legal shooting time 5) The are two key bull grunts, the fight grunt and the love grunt. Learn the difference. When answering a bull with a raking of the brush or the volume of the call, try to sound bigger than he is. 6) Mouth or voice calls are the best. 7) Raking brush is an art form when communicating with an incoming bull. Always pause between the rakes. (A bull will not rake or call at the same time.)

Moose guide Tenley Skofield has many hunts under her belt. Here are some of her thoughts:

Once you have scouted or discovered a productive area to hunt, be aware of wind direction and keep it in your face. Start with a lightly tickling brush with a scapula, antler, or antler imitation. In the stillness of breaking down, that little bit of brush rustling will sometimes be enough to get a conversation started. Too often a calling sequence begins too loud and too frequent and will push moose away rather than pull them in.



Photo by V. Paul Huston

In moose calling, patience is a virtue. Bulls sometimes take their merry old time "coming in."

The same goes with first calls. If you are making your first call in an area and are unsure if moose are in the vicinity, call lightly at first in each of the four directions. Listen, call again and again every 15 minutes or so as you move slowly and quietly. Gradually increase volume. There may or may not be a moose to hear your calls. Continue calling for an hour, minimum. Two hours is not too much time to invest in opening a conversation with a moose, especially one coming in silence. You'll only know those moose are approaching by the sound of a snapped branch or antlers moving through the brush.

The most underrated element to calling is being quiet. Have a plan in place as you begin, communicate with your party using hand signals and whisper only if absolutely necessary. Unnatural sounds, like talking, clanging shooting sticks, zippers, and crackling packs and wrappers will spook a moose and ruin any chance of calling one in to shooting range.

Highly experienced moose guide Nathan Theriault from OMM Outfitters offers these tips;

• **Cow Calls:** Avoid calling too loudly or frequently. Focus on a slow, drawn-out, nasal tone and proper cadence to attract bulls during the peak of the rut.

• **Pacing and Patience:** Bulls move slowly and may take hours to approach while checking the wind. Sit tight and avoid moving prematurely to refrain from spooking game.

• **Wind and Setup:** Always set up with the wind in your face. Mature bulls typically circle downwind before appearing, so position your caller and shooter accordingly.

• **Mouth Calling vs. Electronic Callers:** Mouth calling and horns allow real-time adaptability. Unlike electronic callers, live calling enables you to adjust pitch, volume, and cadence based on the bull's reactions and behavior.

My final thought. A Maine moose hunting permit is a gift that could be a once in a lifetime hunt. It pays to be ready. Calling is critical, especially during the rut. Consider doing more homework and practicing the art of moose calling. Only then will you truly be ready. I plan to heed my own advice on this one.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and writes a weekly outdoors column for a number of Maine newspapers.

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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
Harrison-Waterford
Post 9328

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.



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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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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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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To Enter, mail the completed picture and entry form to:

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PO Box 214, Turner ME, 04282

or email a picture of the coloring to:

submissions@turnerpublishing.net

with *Christmas Coloring Contest* in the subject line.

Deadline for entries is December 3.

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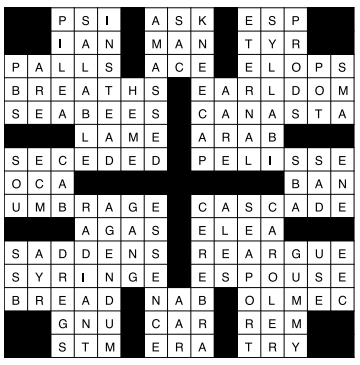
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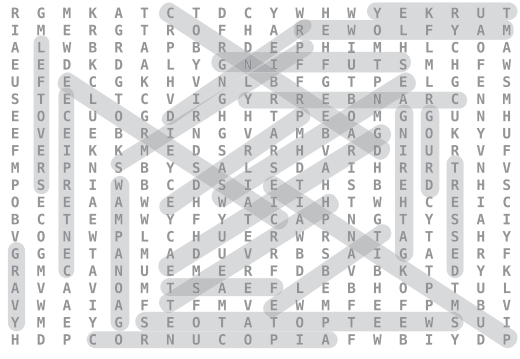
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2	7	5	3	6	8	9	4	1
1	3	9	2	5	4	7	8	6
7	8	3	9	2	5	1	6	4
9	6	2	4	7	1	8	5	3
5	1	4	8	3	6	2	7	9
4	5	1	6	8	2	3	9	7
6	9	7	5	1	3	4	2	8
3	2	8	7	4	9	6	1	5







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Midcoast Beacon: Chris Thomas
Country Courier: Amelia Blais
Country Connection: Kathie Dolan
Franklin Focus: Scott Perry
Good News Gazette: Tim Connor
Kennebec Current: Susan Scott
Lewiston Leader: Nancy Spencer
Lisbon Ledger: Adam Rinko
Lake Region Reader S: Kendra Hall
Lake Region Reader N: Catherine Burgess
Moose Prints: Tom Pinkham
Oxford Hills Observer: Sandra Lambert
Somerset Express: Bob Monroe
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Western Maine Foothills: Richard Boyer
Mountain Messenger: Linda Plaisted
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Address: _____

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Robert M. Richard
Specialist Army 1971



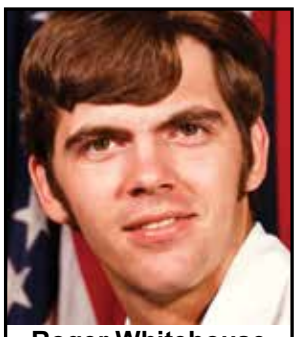
Stephen Theriault
Navy , 25 yrs.



Christopher Lowell
SCSRB



Robert Whitehouse
Navy 1962-89



Roger Whitehouse
Navy 1968-71



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



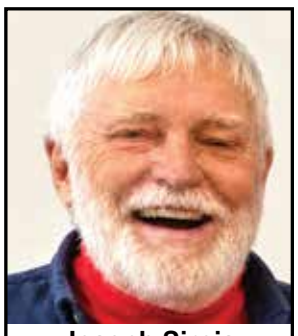
David Richard
Army Sgt.
Served in Vietnam
1969-1973



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
U.S. Navy - Vietnam
2nd Class Petty Officer
Purple Heart & Silver Star Recipient
Thank You & We Love You!



1st Lt. Wilder G. Purdy
Co-Pilot B-24, KIA/MIA
Love from your family.



Steve Bannister
Airman First Class
Security Specialist
4 Years of Service



Bliss Richard
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.



Antonio Mason
SSGT
Currently stationed at Kadena Air Force Base, Okinawa, Japan.



Joseph A. Paradis
Army - Machine Gun Operator
Founder of Veterans Memorial Park, Lewiston, ME



Dwight Murphy
1970-73 Army
1973-78 E-5 Buck Sargent
Vietnam 1971-72



Randy Crosby
Army 1968



Eddy Naples
Army National Guard



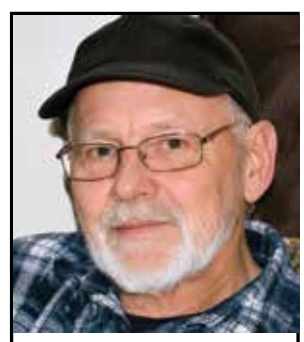
Thomas Beauchesne
Army 1968



Ronnie Breau



Marilyn Malley
Army WACK



Billy O'Leary
Army - Vietnam

"To all who have served, we honor your courage, your sacrifice, and your unwavering dedication to our country. Thank you for protecting the freedoms we hold dear."

From all of us at

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Class of 68

Regie Breau (deceased 4/23/2011)
Ronald Breau (11-1982)
Henry Morrissette (Army Veteran, 7/27/1979)
Diane Nickless Witas
Paula Decker
John Elward
Mike Dubois
Larry Duguay
Sharon Poulin
Sheila Weeks
Rhonda Hutchinson
Theodore Leighton (Veteran)
Greg Kerr (9/6/2011)
Carl Packard (Veteran, killed in action!)
Leroy Varnum (2016)
Nancy Quimby Snowman
Charles Valush (2016)
Harold Sargent (2018, Veteran)
Gary Thibeault (4/8/2009, Veteran wounded in action)
Rachel Ferland
Kenneth Murray (2016)
Jeffrey Wyman (2018)
Eddy Martineau (2016)
Sandra Scott (2013)
Lenny Galarneau
Timothy O'Leary
Danny Gallant
Charles Riggs (2018, Marine Veteran)
Charles Valush, Jr.
Louise Buotte Boling (2021)
Brenda Ames Eastman (2021)
Daniel Perry (2022)
Rebecca Errington! (2019)
Gerald Litalian (2022, Army Veteran)
Lucinda Thibodeau Rickards
Glenna Tozier Violet (2022)
Gregory Doucette (2021, Army Veteran)
Randall Crosby (2023, Army Veteran)
Hollis Bennett (Veteran, 2024 deceased)
Timothy E. Gallant (Veteran, SP5 US Army, deceased May 25, 2024)



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What's on your Thanksgiving plate?



A 2026 Economist/YouGov poll found that turkey continues reign supreme on the Thanksgiving dinner table. When asked what they'll be eating at Thanksgiving dinner, 67 percerit of poll participants indicated they plan to eat turkey, making it the most popular food to find its way onto the dinner table for this popular holiday. Additional staples also remain wildly popular among Thanksgiving celebrants, suggesting that food among the more sacred Turkey Day traditions. **When asked what they plan to eat at Thanksgiving dinner this year, participants noted some easily recognizable favorites:**

67% Will eat turkey on Thanksgiving



- 56% Mashed potatoes
- 55% Bread or rolls
- 54% Pie
- 51% Stuffing
- 51% Gravy
- 40% Green beans
- 39% Sweet potatoes
- 38% Cranberry sauce
- 33% Corn



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